

Group Planning to Fight Heart Disease

Educational Program Hoped to Stop Spread

CHICAGO — Heart disease, the greatest killer of them all, is in the spotlight. The public must know the facts about heart disease if its rapid increase is to be checked, insists the American Heart Association, which has announced a nationwide program of education on the subject.

Heart disease takes an annual toll of more than half a million persons, more than the combined total of the next five leading causes of death, according to Dr. Howard F. West of Los Angeles, association president.

In addition, it is responsible for the loss of more than 100 million work days each year.

"It is essential," said Dr. West, "that the public know more about the significance of blood pressure, infections, overweight, rheumatic fever and other factors which contribute to heart disease."

Diseases of the heart and blood vessels, including cerebral hemorrhage, took 575,000 lives in 1944. Cancer took the next greatest toll, 171,000, while accidents, nephritis, pneumonia and tuberculosis followed in that order.

It is estimated that some four million persons in the United States suffer from heart disease in some form, and it was the cause of 10 per cent of rejections by selective service during the draft years.

The association's educational program will emphasize in particular work in schools and parent-teacher organizations.

Rheumatic fever, a scourge of childhood, is one of the biggest contributors to the ranks of sufferers from heart ailments, and causes more than five times as many deaths as the other major childhood diseases combined.

The information campaign will reach its climax during National Heart Week which begins next February 9 and includes St. Valentine's Day.

Citizen Gets Soaked

While Watering Lawn
LARAMIE, WYO. — Rain fell in torrents, and Laramie water officials—who have been rationing consumers because of a shortage—happily watched.

One official, however, noticed a Laramie resident in the midst of the downpour calmly watering his lawn.

The man was asked to stop, since the rain would do the job for him. He refused, declaring that it was his "watering day," and that he was going to water his lawn, regardless.

France Will Offer Homes

To 700,000 German Prisoners

CHICAGO — France will offer 700,000 German prisoners the opportunity of staying in France as part of an increase in the production campaign, Paul Robert Prigent, Minister of Population, said.

In the United States on a tour to express thanks for relief supplies, he classified the rebuilding of the population as "one of the main problems facing France today." As a result of the war France lost 600,000 men, besides additional thousands incapacitated as prisoners, Prigent said.

Although the French population level has fallen to two million below its prewar height, births this year total 890,000, compared to the birth figure of 600,000 the year before France went to war.

France is planning a 10-year immigration program aimed at getting three million new citizens. Fifty per cent of these immigrants are to be laboring men with families, Prigent said.

Silver Is Being Returned

To Prewar Commercial Uses

WASHINGTON. — Government-owned silver that worked in war plants — 16,300 tons of it — is being demobilized.

The silver, in the form of slabs used by the plants as electricity conductors, will be recast into coinage ingots or commercial bars, the treasury announced. The treasury said the loss of silver from melting, oxidation or effects of acid had been "negligible."

Since most of the 16,300 tons served as backing for currency even while conducting electricity it is valued at \$1.29 an ounce, or a total of \$21 million dollars.

There will still be 14,000 tons of silver put on loan for electricity conductors. That quantity was borrowed by the army for use in the atom bomb project plant at Oak Ridge, Tenn.

Propose Tunnel 25 Miles

Long Through Mountains

SACRAMENTO, CALIF. — A 25-mile toll tunnel—which probably would be the world's largest—was proposed for construction through the Tehachapi mountains in central California, between Los Angeles and Bakersfield.

The project was suggested in an engineering report to a state legislative committee seeking information on highway needs. The tunnel would eliminate traffic hazards.

Wassail Bowl For Any Other Name

And Long Syne

The Wassail bowl goes around in Scotland, and elsewhere—at New Year's time.

The origin of the custom is really lost in antiquity. Saxon ancestors probably quaffed their ale from the polished horns of defeated enemies, and the Norseman legend must be classified as "presumably fiction."

Rovena is reported to have offered her father's guest—Prince Vortigern—a bowl of wine with the salutation, "Lord King, was-hael," literally, "To Your Health." Draining the bowl with one draught, Vortigern fell in love with Rovena and they lived happily ever after.

Anyway, in time the bowl itself became an ornament of graceful design—decorated with branches of greenery which formed a canopy over the bowl. The mixture within was warm and included ale, sugar, spices, sweetened wine was added by hosts who could afford it, apples floated on top of the decoction, sometimes called "hamb's wool" or the "old man's beard."

The poorer classes carried a bowl decorated with ribbons around the neighborhood, begging that it be filled, so they, too, might enjoy the Wassail.

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Edible Manger In Ukraine Rituals

Christmas Eve Supper Breaks a 30-day Fast

In the Ukraine an elaborate Christmas Eve supper breaks a 30-day fast during which no meat has been eaten.

Twelve courses are served, one for each of the twelve Apostles; buckwheat and mushroom soup, pancakes in flax, prunes, fish, bread, and nuts are included in the feast.

An additional course of honey at porridge is also served. Called Koppin, the dish represents the holy crib; the porridge represents the straw—as in the manger—and the honey is symbolized by honey and fruit; the honey is also considered symbolic of the spirit and blood of the Saviour.

Santa Claus By... Any Other Name

And Long Syne

Santa Claus is inseparably associated with the spirit of gift-giving in America, but in other lands, various gift-bearers are just as eagerly awaited.

Commemorating the arrival of the Magi on Epiphany, the Wise Men leave presents for good boys and girls as they pass through Spain and other Catholic countries during their annual journey to Bethlehem.

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BEAUTIFUL GIFTS TO GLORIFY CHRISTMAS GIVING

FOR HER

Watches, from 22.50
Diamond Rings, from 25.00
Birth Stone Rings, from 12.50
Cigarette Cases, from 6.95
Compacts from 2.50
Dresser Sets, from 13.95
Bracelets, from 3.00
Lapel Pins, from 1.95
Earrings, from 1.95
Choker Necklaces, from 6.95
Pearls, Single, Double and Triple, from 5.00
Pen and Pencil Sets, from 8.95
Ster. Bracelets, from 3.50

FOR HIM
Watches, from 11.00
Rings, all kinds, from 8.95
Belt Buckles, from 2.50
Bill Folds, from 1.50
Military Sets, from 6.95
Tie Clasp Holder, from 2.00
Sterling Silver
Key Chains, from 2.50
Money Clips, from 3.95
Watch Chains, from 6.95
Pocket Knives, from 2.45
Fountain Pens, from 5.00
Gentleman's Diamond Rings from \$60.00 to \$3250.00
Pipes, Kaywoodie, from 5.00

And Thousands of Other Gifts for your selection at prices you will not hes itate to pay.

Do your Christmas Shopping at Southside Virginia's most Beautiful Jewelry and Gift Store.

GARLAND, NEWMAN & WHITTEN, Jewelers
FARMVILLE, VIRGINIA

To give you sufficient time to complete your Christmas shopping in comfort

The Retail Merchants OF LYNCHBURG, VA.

Have Agreed to Remain Open Until 9 P. M.

On The Following Evenings:
Fri. Dec. 20 - Sat. Dec. 21 - Mon. Dec. 23

Resume Normal Store Hours Tues. Dec. 24

We take this opportunity to wish all our friends and customers, the compliments of the Season — A peaceful joyous Christmas — and a most prosperous New Year

STUFFED ANIMAL VARIETY
... Among the newcomers to the popular animal collection of toys is the fawn which is gaining in popularity with most of restrictions on its manufacture removed.

Sheng Dan Jieh—A Holy Festival

The celebration of Christmas is gradually becoming widespread in Christian tradition in due course and dedicated to the Christ Child.

Another old tradition is that the mistletoe supplied the wood for the holy cross, as previous to that time it was a forest tree but after the crucifixion was condemned to exist only as a dwarf parasite.

Mistletoe was taken over into the Christian tradition in due course and dedicated to the Christ Child. An old rhyme reads:

At our Christmas bough Shall hang to the honor Of Christ our Lord.

The mistletoe bough is served, one for each of the twelve Apostles; buckwheat and mushroom soup, pancakes in flax, prunes, fish, bread, and nuts are included in the feast.

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Hi - School Chatter ...

Contributed

Hi, everyone! We are back to tell you about the wonderful time we had at the Canteen Party Friday night. The Sophomores sponsored the party and made us feel that Christmas is just around the corner.

It was a real pleasure to see so many graduates, as it made us feel that they were still interested in our school.

You should see some of the home rooms here at A. H. S. Even while in class we have the good old Christmas feeling.

Tuesday everything was in such an uproar that someone asked why, and the reply was that all students are to have their pictures taken. Can you imagine why this should cause such a disturbance?

A Christmas pageant was given in chapel Wednesday by the Senior class. It was very beautiful and the class would like to thank everyone who made it possible for them to give the pageant.

Mr. Cheatham, Miss Williams, and Mrs. Harwood attended a play, "State of the Union," given by the Barter Theater Players, at Buckhannon Central High on Tuesday evening.

A lot of the home-rooms have drawn names and are having a Christmas party Friday. We are all looking forward to this day, for we know we will have a glorious time. The Senior boys told us that Mrs. Morris has some extra sugar and therefore she is going to make them some cookies for their party. Miss Holley, how are your sugar coupons?

Miss Holley is going home for the Christmas holidays for the first time in six years. We all want to wish her, especially, a "Merry Merry Christmas" and a "Happy New Year."

We shall be back to see you next year. We were very beautiful and the class would like to thank everyone who made it possible for them to give the pageant.

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DEATH OF INFANT

Harold Cullum Caudle, Jr., 6-day-old son of Mr. and Mrs. Harold C. Caudle, died at the Virginia Baptist Hospital, Lynchburg, Sunday.

The following composed the boys team: Jim Cobb, Jr., Lloyd Coleman, George Mann, Dabney Gilliam, Carl Glover, Harwood Hix, Edward Adams, Henry McPhillips, Lloyd Richardson.

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Markets Close

For Holidays

Virginia's dark-fired tobacco markets will close today for the Christmas holidays.

Sales have been unusually good for the brief period of sales prior to the Christmas closing. Sales in Lynchburg totaled \$22,000, and in the other markets \$15,000. Total sales for the week ended at \$37,000. Quality of leaf offered thus far has been good.

Dr. J. W. Evans, local veterinarian, stated this week that in planning for treatment for botis, it is advisable for farmers in a given community to get together and select a date for treatment, thus making it possible for one trip to service a larger number of animals. He also pointed out that the animal should not be fed for 24 hours prior to the botis treatment. If attention is paid to this routine, a second trip by the vet is avoided.

It is a good season of the year for a thorough health check-up on livestock. Proper attention during the winter season will safeguard the health and service of many an animal.

For a Buck a Throw
Students 'Let It Grow'

LAFAYETTE, IND. — Several thousand Purdue university students, sworn to the pledge, "For a buck a throw, let it grow," were withholding the buck while lengthening locks creep, coy haircuts from 75 cents to \$1, charged that the students had employed strong arm tactics to enforce a boycott of their shops, but university officials denied the charge.

Is Substitute for Soap
PHILADELPHIA — Scientists have learned how to make an efficient substitute for soap out of a paraffin hydrocarbon extracted from crude oil treated with sulphur dioxide and chlorine.

Dr. Chester W. Suter, associate director of Sterling-Winthrop Research Institute, told the Philadelphia section of an American Chemical Society about the new soap substitute at a meeting in Franklin Institute.

Using a substance called "Mercol," Dr. Suter said it was developed by the Germans during the war to produce a substitute for soap and synthetic cleaning agents of other types which were scarce.

"It was found to have excellent wetting qualities, very good foam formation, great stability in hard water and high washing power," the doctor said.

Expenditures show a gain in the County of Henrico.

Only 4 shopping days are left before Christmas.

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